

BOXED LUNCHES

Perfect for office celebrations or lunch and learn events. Price reflects per person and includes bottled water, chips, and all paper products/utensils.

Bread choices: multigrain, whole-wheat, white, wheat or spinach wrap

- **The Sandwich Pack**

A choice of a wrap or a sandwich (Chicken Salad, Buffalo Chicken, Beet & Pecan, Organic Tuna, Greek Hummus, deli turkey & cheese) multigrain chips, and our famous organic energy bar. \$13

- **The ½ Pack Combo**

Choice of a ½ specialty sandwich and a ½ salad with a ½ energy bar (Green Goddess, Salon Salad, Italian Salad, Chinese Chicken Salad). \$15

- **The ½ Pack Winter Special**

A 16 oz. cup of satisfying & savory soup, a ½ salad, a ½ energy bar; light, satisfying, and healthy!

Soups vary: call for weekly selection \$13



SANDWICH/WRAP DESCRIPTIONS

- **Buffalo Chicken** - Free range chicken, lt. blue cheese, wing sauce, romaine, celery, carrots, romaine
- **Chicken Salad** - Free range chicken, lt. mayo, lemon & orange juice, grapes, celery, field greens
- **Beet, Pecan & Goat Cheese** - Roasted beets, seasoned maple pecans, creamy goat cheese, field greens, baby spinach
- **Greek Hummus** - Roasted peppers, spinach, chopped olives, feta, lemony hummus
- **Cheesy Tom** - Organic deli turkey, cheddar cheese, field greens, sauteed onions
- **Cinnamon Comfort** - Raisin Cinnamon bread, cream cheese, organic deli turkey, romaine



Fit-n-Fresh

LUNCH

**100% NATURAL
& ORGANIC**
ingredients for
100% YOU!

**"Celebrating Life,
One Morsel at a Time."**

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.....LUNCH MENU.....



Fit -n- Fresh Catering is focused on providing delicious and organic food choices as part of a whole living approach to entertaining. From large meetings to small gatherings, let us make eating healthy, easy, and delicious. Besides from serving up the best all-natural wrap and sandwich platters in town, we can also provide you with outstanding appetizers, entrees, and desserts. We also understand that timing is everything. Just tell us when you need your order, and we'll be there.

- **Catering orders come with everything you need: cutlery, plates, napkins, and smiles.**
- 48 hour notice for all catering events. Tax and delivery fee are added to the total price.
- \$50 deposit required a week before the event.

Just follow our easy steps and you'll be on your way to a wonderful event.

Any questions, please call 860-1031 and ask for Melissa. We look forward to making your event memorable and special.

MIDDAY MEALS – PLATTERS

Price reflects per person and includes bottled water and all paper products/utensils.

WRAP PLATTER, SIDE SALAD & ENERGY BARS

A variety of ½ wraps prepared with organic ingredients: Chicken Salad, Tangy Buffalo Chicken, Beet , Pecan & Goat Cheese, Organic Tuna w/light mayo or Italian style, Greek Hummus (Greek is with olives, chickpeas, feta cheese & artichokes) Salad choices are listed on the right. **Tofu can be substituted instead of chicken.** \$13

WRAP PLATTER, PASTA SALAD & COOKIES

A variety of ½ wraps prepared with organic ingredients: Chicken Salad, Tangy Buffalo Chicken, Beet , Pecan & Goat Cheese, Organic Tuna w/light mayo or Italian style, Greek Hummus (Greek is with olives, chickpeas, feta cheese & artichokes). Along with our pasta of the day and variety of fresh baked cookies. **Tofu can be substituted instead of chicken.** \$12



FRESH SALADS

Prepared with fresh, local and/or organic ingredients:

Group small serves 8-10 people	\$29
Group large serves 12-15 people	\$39

- **Green Goddess:** organic field greens, cucumber, tomato, sprouts, carrots, celery, avocado, tossed with our signature homemade Lemon Dressing.
- **Salon Salad:** organic field greens, toasted seasoned pecans, mandarin oranges, goat cheese, homemade Maple -Balsamic dressing.
- **Italian Salad:** Crisp romaine, roasted red peppers, pine nuts, celery, tomatoes, Fontina cheese with homemade Oregano Italian dressing.
- **Chinese Chicken Salad:** Free-range shredded chicken, scallions, red pepper, asparagus, peanut sauce -served warm or cold - serves 12-16. \$44.49

EAT FRESH